

## BMI Calculator:Harris Benedict Equation

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The **Harris Benedict Equation** is a formula that uses your BMR and then applies an activity factor to determine your total daily energy expenditure (calories). The only factor omitted by the Harris Benedict Equation is lean body mass. Remember, leaner bodies need more calories than less leaner ones. Therefore, this equation will be very accurate in all but the very muscular (will under-estimate calorie needs) and the very fat (will over-estimate calorie needs).

First, determine your BMR using our BMR Calculator or our BMR Formula.

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#### Harris Benedict Formula

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) :  $\text{Calorie-Calculation} = \text{BMR} \times 1.2$
2. If you are lightly active (light exercise/sports 1-3 days/week) :  $\text{Calorie-Calculation} = \text{BMR} \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week) :  $\text{Calorie-Calculation} = \text{BMR} \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week) :  $\text{Calorie-Calculation} = \text{BMR} \times 1.725$
5. If you are extra active (very hard exercise/sports & physical job or 2x training) :  $\text{Calorie-Calculation} = \text{BMR} \times 1.9$

#### Total Calorie Needs Example

If you are sedentary, multiply your BMR (1745) by 1.2 = 2094. This is the total number of calories you need in order to maintain your current weight.

Once you know the number of calories needed to maintain your weight, you can easily calculate the number of calories you need to eat in order to gain or lose weight:

- Calorie intake to gain weight
- Calorie intake to lose weight

#### Resources

[BMR Formula](#)  
[Calorie intake to gain weight](#)  
[Calorie intake to lose weight](#)  
[Recommended Daily Allowance](#)  
[Underweight Treatment](#)  
[Overweight Treatment](#)  
[Obesity Treatment](#)

#### Calculators

[BMI Calculator](#)  
[BMR Calculator](#)  
[Body Fat Calculator](#)  
[Waist to Hip Ratio Calculator](#)

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[FatLoss4idiots.com](http://FatLoss4idiots.com)

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[Blurtit.com](http://Blurtit.com)

**Bmi Calculator**

Compute your personalized fitness stats including Body Fat & BMI.  
[www.ivillage.co.uk](http://www.ivillage.co.uk)

**Calorie Needs Calculator**

The Diet And Weight Loss Authority. Find Calorie Calculators Quickly.  
[CalorieCalculators.DietNation.com](http://CalorieCalculators.DietNation.com)

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